

Degree: Bachelor of Science
Major: Exercise Science
2015-2016

Students requiring developmental course work based on low entrance exam scores (ACT, SAT, ASSET, COMPASS) may not be able to complete this program of study in eight (8) semesters. Students having completed college level courses prior to enrollment will be assisted by their advisor in making appropriate substitutions. A minimum of 120 credit hours, of which 45 hours must be upper division credit (3000-4000 level), is required for this degree (developmental courses are excluded). Mandatory state and institutional assessment exams will be required during your degree program.

Year 1				Year 1			
Fall Semester				Spring Semester			
Course No.	Course Name	Hrs	Grade	Course No.	Course Name	Hrs	Grade
BIO 1003 or 1033 Or 1043 Or 1063 Or 2013	Biological Science or Biology of Sex or People and the Environment or Cell Biology	3		ANTH 2233/ ECON 2313/ ECON 2333/ GEOG 2613/ HIST 1013/ HIST 1023/ JOUR/RTV 1003/ POSC 1003/ PSY 2013/ SOC 2213	Intro to Cultural Anthropology/ Principles of Macroeconomics/ Economic Issues & Concepts/Intro to Geography/ World Civilization to 1660/ World Civilization since 1660/ Mass Communication/ Intro to Politics/Intro to Psychology/Intro to Sociology	3	
BIOL 1001 or 2001	Biological Science Lab	1		ENG 1013	Composition II (C or better)	3	
HPES 1013	Intro/Foundations of PE (FYE)	3		CHEM1013	Gen Chem	3	
MATH 1023	College Algebra	3		CHEM1011	Chem lab	1	
COMS 1203	Oral Communications	3		MUS/ART/THEA 2503	Fine Arts Musical/Visual/Theatre	3	
ENG 1003	Composition I (C or better)	3		HIST 2763/HIST 2773/POSC 2103	US History to 1876/US History from 1876/Intro to American Government	3	
Total Hours		16		Total Hours		16	

Year 2				Year 2			
Fall Semester				Spring Semester			
Course No.	Course Name	Hrs.	Grade	Course No.	Course Name	Hrs.	Grade
BIO2203	A and P I	3		BIO 2223	A and P II	3	
BIO2201	A and P I Lab	1		BIO 2221	A and P II Lab	1	
PE 1002	Concepts of Fitness	2		HLTH 2523	First Aid and Safety	3	
ENG 2003/ENG 2013/PHIL 1103	Intro to Literature I/ Intro to Literature II/ Intro to Philosophy	3		ES 3543	Human Anatomy and Fundamentals of Motion	3	
HTLH2513	Prin Per Health	3			Any Elective	3	
ANTH 2233/ ECON 2313/ ECON 2333/ GEOG 2613/ HIST 1013/ HIST 1023/ JOUR/RTV 1003/ POSC 1003/ PSY 2013/ SOC 2213	Intro to Cultural Anthropology/ Principles of Macroeconomics/ Economic Issues & Concepts/Intro to Geography/ World Civilization to 1660/ World Civilization since 1660/ Mass Communication/ Intro to Politics/Intro to Psychology/Intro to Sociology	3			Any Elective	3	
Total Hours		15		Total Hours		16	

Year 3				Year 3			
Fall Semester				Spring Semester			
Course No.	Course Name	Hrs.	Grade	Course No.	Course Name	Hrs.	Grade
ES 3553	Basic Physiology	3		ES 3713	CV Phys	3	
ES 3653	Techniques of Aerobics	3		ES 3623	Tech of Physiological Fitness	3	
ES 3743	Research and Stat	3		PE 4693	Tech of Strength & Conditioning	3	
	Any Elective	3		ES 3633	Nutrition for Health, Sport, & Exercise	3	
				PE 4843	Philosophy and Ethics	3	
Total Hours		12		Total Hours		15	

Year 4				Year 4			
Fall Semester				Spring Semester			
Course No.	Course Name	Hrs.	Grade	Course No.	Course Name	Hrs.	Grade
ES 4683	Ex Prescription	3		ES 4673	Fit for Special Populations	3	
ES 4813	Applied Motor Learning	3		HLTH 4643	Health Promotion II	3	
ES 4763	Kinesiology	3		ES 4843	Preinternship	3	
HLTH 4543	Drug Use and Abuse	3					
HLTH 4633	Health Promotion I	3					
Total Hours		15		Total Hours		9	

Summer				Total Degree Hours	
Course No.	Course Name	Hrs.	Grade		
ES 4896	Internship	6		120	

Graduation Requirements:

Completion of HIST 2763 or HIST 2773 or POSC 2103

English Proficiency (Grade of C or better in ENG 1003 and ENG 1013)

2.00 GPA in Major

2.00 GPA at ASU

2.00 GPA Overall

Maximum of 31 credit hours via correspondence, extension, examination, PLA, Military or similar means; CLEP (30 hrs max)

45 JR/SR Hours **after completing 30 hours**

120 Total Credit Hours

18 of last 24 hours must be ASU-Jonesboro courses

Minimum of 57 hours from 4-year institutions

32 Resident Hours if completing second degree and first degree was not from ASU-J